



# Adult Programs

## May - August 2011

Please turn over for more great programs!

### Gardening- Spring Planting Roundtable

Ages 15 and up. Did you know that the last expected frost in Raleigh is April 9? That means we only have about a month to plan out summer gardens. Join us for a roundtable discussion about ways to improve yields, control pests and rodents and improve the general design of your garden. This discussion is open to everyone from the beginner and more advanced gardener. The small fee will cover light refreshments. Class fee: \$2

Jul 23                      Sa            10:00 am -12:00 pm                      110400

### Navigating College Admissions

High school students and parents. Parents and teens get a head start! Learn the important aspects of the college search, selection and application process. Receive advice on helping your child maximize the high school experience, choose the right colleges, put together standout applications and financial aid. Tips and strategies will be provided on selecting courses, getting involved in outside activities, choosing appropriate standardized tests, college application essays, letters of recommendation and provide insight into how colleges read applications. Seminar provided by A2Z College Planning. Pre-registration is required. Class fee: \$0

Aug 30                      Tu            6:30 pm - 8:00 pm                      111914

### Photography- Taking your Photography to the Next Level

Ages 15 and up. Learn how to improve your photographic compositions. We will cover basic concepts and camera techniques. We will use examples from classic images to illustrate. Learn to develop your 'eye' and understand how best to compose your image to get the best shot possible. Instructor will assign homework to bring back to the second class for review. Instructed by Patrick Day. Skillset: Any. Class fee: \$60

Jun 11-18                      Sa            12:00 pm - 3:00 pm                      109667

### Photography-Digital Panoramic Photography

Age 15 and up. Learn the basics techniques of taking panoramic photographs. Once you have the images, we'll review some of the best software to stitch them into a panoramic. Skillset: intermediate (Camera & PC knowledge). Tripod suggested. Class fee: \$35

Jun 15                      W            6:00 pm - 9:00 pm                      109679

### Photography-Evening Discussions with a Photographer

Ages 15 and up. Join professional photographer and teacher Patrick Day as he leads discussions and provides insights into several topics that are on the forefront of photography. All classes will be held at the Barwell Road Community Center and no supplies will be needed. This is a inexpensive way to meet fellow photographers in the area and get some cutting edge information about photography. Class fee: \$5

May 11	W	6:30 pm - 8:30 pm	110396	Jul 13	W	6:30 pm - 8:30 pm	110398
Jun 8	W	6:30 pm - 8:30 pm	110397	Aug 10	W	6:30 pm - 8:30 pm	110399

### Photography-Practical Critique Workshop

Ages 15 and up. This is your opportunity to have your work reviewed by peers and professionals in an open and complimentary environment. Students can bring in 1 to 4 DIGITAL images on CD or thumb drive in PC format. Please, no printed or framed pieces. Each image will be displayed on screen and the audience (with direction from the instructor) will comment. Then the instructor will give evaluation of piece. Class fee: \$20

Jul 13                      W            6:30 pm - 8:30 pm                      109752

## Barwell Road Community Center

3935 Barwell Road, Raleigh, NC 27610 • Phone: (919) 329-5994

E-mail: Barwell.Road@raleighnc.gov



# Adult Programs— Continued

May—August 2011

## Photography: Advanced-Beyond Exposure

Ages 15 and up. You understand the basics of photography, now you want to explore new and different techniques. This class will give you an understanding and enough knowledge to create new and creative photographs. We will discuss how to create panoramic, HDR (High Dynamic Range), and macro images. We will also look at action, night, flash, and tripod shooting. Attendees should have a working knowledge of their camera and basic understanding of photographic theory (ISO/Aperture/Time, Depth of Field, etc.). Reference handouts will be provided. Class fee: \$45

Aug 6                      Sa            10:00 am - 1:00 pm                      109879

## Photography: Introduction to Photography-Camera 101

Ages 15 and up. Have you just purchased a camera and have no idea what to do? Do you always keep your settings on Auto? What is that flashing light and what is the camera telling me? This class will answer those questions and whether you're using a point-and-shoot or a DSLR. We'll show you how to feel confident with your camera and go beyond Auto. Bring your camera and questions! Handouts will also be provided. Class fee: \$35

May 14                      Sa            10:00 am - 1:00 pm                      109653

## Shotokan— Adults

Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Class is on Mondays and Wednesdays from 7pm-8pm. A new session begins each month. Instructor is Eric Blaiz. Class fee: \$15 per month.

## English as a Second Language (ESL) - Clases de Ingles

Age 18 and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. Class fee: \$0.

May 4-Jun 8                      W            7:00 pm - 8:30 pm                      108133  
Jun 22-Jul 27                      W            7:00 pm - 8:30 pm                      108134

## Fitness Room

Our Fitness Room houses three treadmills, two recumbent bikes, two elliptical machines, a universal machine, Smith Machine, Dip Machine and free weights. Membership options include a \$2 daily pass, \$15 for a 30 day membership or \$75 for a 6 month membership.

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## City Wide Athletic Leagues

### Starlight Men's Basketball League

An alternative activity for young adults during the summer. Starlight is a competitive league open for team registration. Fee is per player. Registration is from May 16-27. League plays at Biltmore Hills Community Center. Fee: \$30

Jun 13-Aug 4                      M, Th                      9:00 pm -12:00 am                      109163

### Starlight Women's Basketball League

Basketball league designed for women that like to play competitive basketball. Registration will be May 16-27th. Fee is per player. Register and play at Biltmore Hills Community Center. Fee: \$30

Jun 13-Aug 4                      M, Th                      6:00 pm - 9:00 pm                      109167

## Adult Fall Baseball

Ages 18 and up. The athletics division will be holding registration for the Adult Fall Baseball League from August 8th until filled. League play will begin August 29th. Team Registration fee is \$450. Registration will be held at 2401 Wade Avenue from 8:30am - 6pm. For more information contact 831-6836.

## Adult Fall Softball

Age 18 and up. Adult softball leagues offered for Men's Open, Women Opens, Coed, Church, Company Teams. Entry fee is \$400 per team and \$24 per non-city resident. Play will begin mid August. Each team will receive a 10 game season. League registration will be held at 2401 Wade Avenue from Monday, July 18th - Thursday July 21 from 8:30am - 6pm. There is also a \$50 fee for tournament entry. For more information call 831-6836.